



May 23, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission:



www.usagria.army.mil/News/II.aspx

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Power Plant Shuts Down After 99 Years of Service

The Rock Island Arsenal power plant is scheduled to close soon after 99 years of providing heat to arsenal buildings. The plant was built in 1917 to provide steam for heating Arsenal buildings. Over the years improvements and upgrades were made to provide more efficient power and to meet evolving clean air and emissions requirements. The coal-powered facility is digitized but still uses boilers dating to the 1940s. The Arsenal has been converting to natural gas and a more efficient and cost-effective decentralized heating system to heat buildings over the last several years. "I dubbed this the heartbeat of the Arsenal," said Jay Richter, energy manager. "It was reliable heating so missions could go on to support Soldiers here and around the world." Richter said converting to natural gas will be more efficient, cost-effective and posture the Arsenal for the next 100 years. ([More](#))



Upcoming Dates

- May 24:** Assertiveness Training, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m. - 12:30 p.m.
- May 24:** RIAWC Golf Tournament, Arsenal Island Golf Course, 1 p.m.
- May 23-27:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m.-3:40 p.m.
- May 25-26:** Annual Midwest Small Business Government Contracting Symposium, iWireless Center
- May 26:** Flag Placement, Rock Island National Cemetery, 4 p.m.
- May 26:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- May 26:** Working with You Is Killing Me, EAP, Bldg. 56, 1st Flr., Rm. 104, 10 a.m. - 12 p.m.
- May 26:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- May 26:** Honor Flight of the Quad Cities, Quad Cities International Airport, 9:30 p.m.
- May 30:** Memorial Day (*Federal Holiday*)
- May 30:** Memorial Day Ceremony, Rock Island National Cemetery, 10:45 a.m.
- June 2:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- June 2:** RIAWC Scholarship Ceremony
- June 2:** RIA Historical Society Dinner, Arsenal Island Clubhouse, 6 p.m.
- June 3:** First Friday Social, Arsenal Island Clubhouse, 4 p.m.
- June 6-9:** SFL-TAP, Bldg. 56, First Flr., Rm. 122, 8 a.m. - 4:30 p.m.
- June 7:** Improving Workplace Relationships, EAP, Bldg. 56, 1st Flr., Rm. 104, 1 p.m.

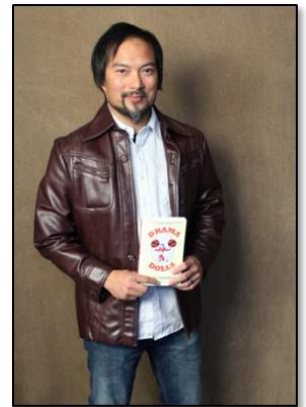
ACC-RI PCO Receives AMC Small Business Contracting Award

An Army Contracting Command-Rock Island procuring contracting officer was recently selected as the 2015 Army Materiel Command Contracting Officer Small Business Recognition Award recipient for her outstanding contributions and accomplishments in support of the Department of the Army Small Business Program. Kathleen Olson, PCO for ACC-RI's Installations Garrison Public Works Branch, was nominated by Army Sustainment Command's Small Business Office and selected by Gen. Dennis L. Via, AMC commanding general. Olson said this award reinforces the fact that every contracting action her team does contributes to the Army's bigger picture while helping the surrounding community. "I feel honored to be recognized by the U.S. Army Sustainment Command for my contributions to the Small Business Program," said Olson. "My team supports a customer that has multiple opportunities for small business involvement, especially local small businesses to perform work on Rock Island Arsenal. I have the unique opportunity to see firsthand the processes of our contracts and how it affects RIA and the community." ([More](#))



Author Tanamor Inspired By Bizarre True Stories

For someone who grew up longing to be a writer, Jason Tanamor would make his younger self proud. Tanamor, a contract specialist at Army Contracting Command-Rock Island, not only spends his workday enveloped within the word-dense profession of government contracting, he also dedicates much of his free time to writing, already having published five novels and contributed to numerous publications. "I always wanted to be an author," said Tanamor. "I thought it was the coolest job. As a child of immigrant parents, it wasn't ever something that they promoted. They always wanted me to do something practical." Tanamor graduated with a bachelor's degree in accounting in 1998 and became a public accountant. However, the creative spirit is a restless one, and he quit his accounting firm in December 1999 in order to start performing stand-up comedy and freelance writing. From 2000 to 2004, he freelanced full-time while doing stand-up. In 2006, he returned to the accounting profession but continued to freelance for local and national publications. After a few years of becoming familiar with the Quad Cities entertainment scene, Tanamor met Sean Leary, who was the long-time entertainment editor for the Moline Dispatch/Rock Island Argus. Leary recruited Tanamor to start writing stand-up and concert reviews. ([More](#))



Fanning Takes Oath as 22nd Secretary of Army

Eric Fanning was sworn in, May 18, as the 22nd secretary of the Army during a small Pentagon ceremony. Fanning was confirmed, May 17, by the U.S. Senate. He was nominated by President Barack Obama for the position, Nov. 3, and served briefly as acting secretary of the Army until voluntarily stepping aside in January until the nomination process could be completed. "It has been a long process to get here," Fanning said, "one that I don't think even the writers from 'House of Cards' could have scripted if they tried." "But it's worth it," he continued. "This is a tremendous honor for me -- not just the appointment, but the opportunity to be secretary of the greatest Army in the history of the world." As secretary of the Army, Fanning has overall responsible for organizing, training and equipping Army forces. ([More](#))



That Star In The Window Doesn't Represent A Person's Rank...

At the post gas station I saw a vehicle, with a young girl driving it, stop to fill up at the pump next to me. I noticed a small flag in the window with two blue stars on it, and assumed that the stars reflected the rank of the Soldier that owned the vehicle. I was surprised that a Major General would have a daughter that young. Soon after that incident, I was hired to support an Army program called Survivor Outreach Services. When I reported to work, I noticed one of the ladies at work had a little purple and gold lapel pin she wore all the time, and another had a pin that was a variation of the flag that I had seen at the gas station. I was curious: the flag on the car had two blue stars, the flag on one lady's pin had one blue star and one gold star and another simply had one blue star. Why were all the flags different, why were there two different stars, why did only these two ladies in the office have the flags? I, in my infinite wisdom, was too embarrassed to ask what any of these things meant. Fortunately, one of my first assignments was to develop a web page that clearly defined the different versions of the flags and pins for the American public. ([More](#))



Healing Heroes Takes Holistic Approach to Help Veterans

A Marine Corps veteran was on hand Sunday at an open house to thank Healing Heroes in the Heartland for helping her walk. Healing Heroes of the Heartland held an open house at its offices at 2508 25th St., Rock Island, where dozens of veterans and supporters gathered to learn about the nonprofit organization. The group is committed to providing holistic services to “our heroes,” said Angel Hong of Milan, doctor of chiropractic and holistic medical director. “Holistic services treat the whole person, both physically and emotionally,” she added. Healing Heroes in the Heartland began in 2013, she said, but using a holistic approach to help someone with anxiety, trauma or pain is not new. “Three thousand years ago, people had depression,” she said. More than 60 people attended the open house, some who simply were curious about the organization and others who are supporters and who have benefited from its services. ([More](#))



Civilian Education System Helps Government Employees Chart Their Future

Joint Base Myer-Henderson Hall Chief of Safety and Occupational Health Adrain Kendrick recently completed the Army Civilian Advanced Course and is urging his fellow government employees to take advantage of the opportunities the Civilian Education System offers them. "I think every Army employee who qualifies to attend their appropriate course needs to go if for no other reason than to reflect on where you are, where you want to be and how you are going to get there," Kendrick, who finished the 4-week course last month, said. Kendrick explained that the CES is a new, progressive and sequential leader development program that provides enhanced leader development and education opportunities for Army civilians throughout their careers. "The Army Staff Management College offers CES that covers foundational, intermediate and advanced leadership courses," he said. Each civil service grade requires certain CES courses that are done online and then in residency at Fort Leavenworth, Kansas. In his case, Kendrick had completed the necessary online courses and was accepted for a spot in a resident's course. ([More](#))



National Safe Boating Week, May 21-27, Kicks Off with Reminder for Boaters to Always 'Wear It!'

Boating safety advocates across the U.S. and Canada have teamed up to promote safe and responsible boating, including consistent life jacket wear every time boaters are on the water, during National Safe Boating Week, held **May 21-27**. National Safe Boating Week is the launch of the 2016 North American Safe Boating Campaign. This yearlong campaign promotes safe and responsible boating and the value of voluntary, consistent life jacket wear by recreational boaters through the national theme, Wear It! "What looks like a perfect day for boating can quickly become hazardous if you end up in the water," said Rachel Johnson, executive director of the National Safe Boating Council, the lead organization for Wear It! "You can have a great time while choosing to always wear a life jacket and being a responsible boater." U.S. Coast Guard statistics show that drowning was the reported cause of death in three-fourths of recreational boating fatalities in 2014, and that 84 percent of those who drowned were not wearing life jackets. ([More](#)) ([Army Water Safety](#)) ([USACE Water Safety](#)) ([Bobber](#))



Take Along Bobber

And like Bobber the Water Safety Dog, always wear your life jacket

On your next trip to the lake or river, [cut out Bobber and take him with you](#). Take a photo with Bobber in it and email it to bobber@bobber.info include your name and location the photo was taken. If selected, your photo will be added to our on-line gallery at www.Bobber.info/TakeAlongBobber and seen by the world. [Bobber the Water Safety Dog](#) is the official mascot of the U.S. Army Corps of Engineers Water Safety Program. The U.S. Army Corps of Engineers Rock Island District welcomes your interest in water safety. We want to encourage visitors to our recreational facilities and lakes to use caution while boating, fishing, or swimming. Watch Your Children! Each year about 200 children drown in the U.S. and several thousand others are treated in hospitals for submersion accidents, accidents which leave children with permanent brain damage and respiratory health problems.

Remember, it only takes a few seconds for a small child to wander away and as little as eight seconds for a child to drown. Children have a natural curiosity and attraction to water. Watch your children at all times when in and around the water and ensure that everyone wears a proper-fitting life jacket.



Distribution System Flushing

Between **Monday, May 23, and Friday, June 17**, the Rock Island Arsenal Water Treatment Plant will use chlorination as the means of water disinfection. The temporary change has been approved by the Illinois Environmental Protection Agency and allows operators to perform system maintenance, including the annual flushing of the water distribution system. Since the 1990s, the plant has used a process known as "chloramination," a combination of chlorine and ammonia, as a disinfection method. Users should notice no difference in the quality of their drinking water as a result in the change to using chlorine. The annual flushing process, done via the on-post fire hydrants, may cause visible changes to the water coming from faucets and fixtures. The flushing process may cause material in the pipes to be stirred up. Most of this sediment flows through the nearest fire hydrant, but some may transport into the lines providing water service to buildings or residences at the Arsenal. Water could be cloudy or have a rusty color. Although this water will still

be safe to drink, it is unappealing. If this occurs please allow the water to run for five minutes to allow the line to clear.

Army Disaster Personnel Accountability and Assessment System

Accurate personnel accountability of our Soldiers, civilians, and Family members during natural or man-made catastrophic events is paramount. The official Department of the Army system for disaster accountability is the Army Disaster Personnel Accountability and Assessment System. This is a web-based tool designed to provide an accurate and timely status on the location of all Soldiers, civilians, and Family members when catastrophic events occur. All personnel can log into the ADPAAS web-site at <https://adpaas.army.mil> under the Army Family Members tab using the sponsor's SSN and birth date to update their contact information. Any questions concerning ADPAAS please contact your organization's commanding officer representatives.

VIOS Schedule for May

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **May 23, 24, 25, 26, and 27**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

RIAWC Golf Tournament

The Rock Island Arsenal Welcome Club is proud to partner with the Midwest Small Business Government Contracting Symposium to host this 2016 charity golf outing on **Tuesday, May 24**, at the Arsenal Island Golf Course; an event open to all who want to have fun and support RIAWC. Registration is 11 a.m. – 1 p.m. with a shotgun start at 1 p.m. The banquet dinner is 6-8 p.m. in the Arsenal Island Clubhouse. Cost is \$125 a player. Registration includes green fees, cart, range balls, drink coupons, lunch, and dinner. Registration is open until all teams have been filled. Non-players can register for "dinner only" for \$25. The golf tournament format is a 4-man scramble (best ball). There will be awards for 1st, 2nd, and 3rd place finishers along with prizes for designated holes. To register for golf, or RSVP for the "dinner only," please contact Wendy Truckenbrod at 563-726-9567 or at riawcfundraiser@yahoo.com. Note: If you're interested in sponsoring or donating to this event, please contact Wendy.

QC Honor Flight Set for May 26

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an



application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell 4-8 weeks prior to the honor flight date to advise them they have been selected for the next scheduled flight. Applications are dated in the order they are received. Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, May 26**.

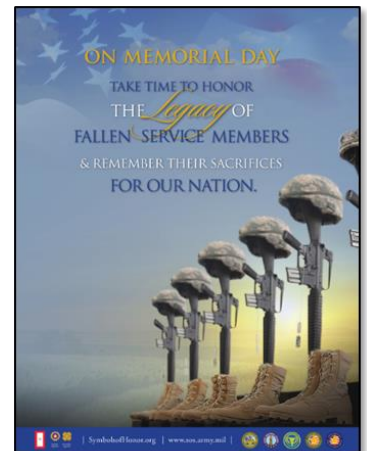
Flag Placement

Cemetery volunteers are needed for placement and removal of American flags. The Rock Island National Cemetery is seeking volunteers to place American flags at the headstones of fallen service members in honor of Memorial Day. Work to place the flags will begin at 4 p.m., **Thursday, May 26**, rain or shine. In the event of severe weather, flag placement will be 4 p.m., **Friday, May 27**. Work to remove the flags begins at 7:30 a.m., **Tuesday, May 31**, weather permitting. All volunteers need to show up inside the cemetery to receive flags and instructions. The public must enter the Arsenal through the Moline Gate. For more information, call 309-782-2094.



Memorial Day Ceremony

A Memorial Day Ceremony will begin at 10:45 a.m., **Monday, May 30**, at Rock Island National Cemetery. C.O. Smith; USMC, Vietnam Veteran, State Commander of the Marine Corps League of Illinois, will be this year's speaker. The ceremony will also include patriotic music by the CASI New Horizons Band, as well as a chorus from the CASI Goldentones; a National salute by the Illinois National Guard, Alpha Battery, 2nd Battalion, 123rd Field Artillery Regiment; an honor salute by Vietnam Veterans of America Chapter 299; an echo salute by Davenport American Legion Post 26; and Taps by John Adams, Davenport American Legion Post 26. There will be no parking at the cemetery for this ceremony except for individuals who are wheelchair bound. Parking for all others will be behind Memorial Park in the large lot. Buses will be transporting people from the parking lot to the cemetery and will run 9 a.m. to 1 p.m. Visitors should arrive early to ensure enough time to park their vehicles and be transported to the cemetery. Memorial Park is located off of the main Island road, Rodman Avenue at the corner of East Street. The public must enter the Arsenal through the Moline Gate. For more information, call 309-782-2094.



2nd Annual Island-Wide Scholarship Ceremony

The 2nd Annual Island-Wide Scholarship Ceremony will take place **Thursday, June 2**, in the Arsenal Island Clubhouse, 4:30-6:30 p.m. Scholarship winners from several RIA organizations, including RIAWC, AUSA, NDIA, and the Commissary will be honored. The POC for the event is Nicole Kirschmann, RIAWCscholarships@yahoo.com.

RIA Retirement & Retreat Ceremony

Rock Island Arsenal Military Community — Maj. Gen. Kevin O'Connell cordially invites you to attend the 3rd Quarter FY16 Award, Retirement & Retreat Ceremony on **Thursday, June 9**, at 2 p.m., in Heritage Hall, Bldg. 60, in honor of:

- Chief Warrant Officer 4 Siupapa Mapu, ASC
- Sgt. First Class Travis Nargang, SOC, South
- Daniel Neumiller, ASC

- Jean-Michel Serra, JMC
- Sandra Canada, ASC
- Vanessa Tatum, ASC
- Mary Barkley, ASC

Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual. A sign language interpreter will be available for the hearing impaired.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, June 10 and 17, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **6:30 p.m. on July 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on May 26**.

To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



Quad Cities 241st Army Birthday Ball

Save the Date! U.S. Army 241st Birthday Ball will be **Friday, June 17**, at the QC Waterfront Convention Center in Bettendorf, 5-6 p.m. receiving line and cocktail hour, 6:30 p.m. - formal activities begin. The event will celebrate 241 years of rich tradition and the Soldiers who fought to protect the freedom of our great nation throughout various conflicts. \$65 individual or \$480 for a table of eight. Attire is: Military - Dress Mess/Army Service Uniform; Civilian - Black tie preferred. Lodging - special hotel accommodations available by calling 800-843-4753; please mention group code: USA0617; rooms must be reserved by **Monday, June 6**. Please RSVP for the event by **Friday, June 3**. ([Registration and Menu](#))



Army Materiel Command "Sonic Fusion" Band

Rock Island Arsenal invites you to enjoy a free concert performed by the Army Materiel Command "Sonic Fusion" Band at LeClaire Park in Davenport on **Wednesday, June 15**, 6-7:45 p.m.; the show is free and open to the public. Food vendors will be set up for food and drink consumption. The AMC Band proudly serves the Soldiers and civilians of the U.S. Army Materiel Command stationed at more than 140 locations worldwide. With its eight music performance teams, the AMC Band travels extensively throughout the country and overseas supporting 30 installations, 26 major tenants, seven Army Field Support Brigades, 11 subordinate commands, and four separate reporting activities within the AMC enterprise. Since November 2003, the band has deployed in support of AMC Soldiers and civilians forward deployed in support of Operations Iraqi and Enduring Freedom. The AMC band has performed in Iraq, Kuwait, Saudi



Arabia, Qatar, Afghanistan and the United Arab Emirates. The band is currently performing more than 400 musical mission per year and is under the purview of the AMC chief of staff.

Col. Davenport House's Pioneer Days

The 4th Annual Pioneer Days is **Saturday and Sunday, June 18-19**, from 10 a.m. to 5 p.m. on Saturday and 12-4 p.m. on Sunday, at the Col. Davenport House on Rock Island Arsenal. There is an overnight encampment of fur trader re-enactors, called a Buckskinners' Rendezvous, with pioneer portrayers demonstrating hatchet and knife throwing, and craft demonstrators such as wood-working, chair caning, spinning, basket weaving, pottery making, quilting, butter and ice cream making, rope making, and campfire cooking. Guest historical speakers include: Roald Tweet, Gena Schantz, Maryan Wherry, Jack Tumbleson, and Curt Roseman. Old time music specialist Wesley Wells will play each afternoon. On display will be selected items from the Fort Armstrong time capsule, buried as part of the Fort's 150th anniversary in 1966, and recently opened as part of the 200th anniversary. There will also be exhibits that include a model of the first railroad bridge across the Mississippi River, authentic era songs, and food vendors available. Vendor available will be Dickey's BBQ with sandwiches, sides, and drinks. ([More](#))



RIA AUSA Annual Golf Outing

Join us for the RIA AUSA Annual Golf outing on **Monday, July 11**, at the Arsenal Island Golf Course. Start time is 10:30 a.m., dinner at 4:30 p.m. Information and entry form is available at www.ria-ausa.org - Teams fill up quickly, reserve your spot today. Cost is \$125/per player or \$500 per team. Let's Play Golf and support our civilian and military community.

Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

Save the Date — 9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card-making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless:
As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside

SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660 **Sunset Lakes Resort:** Located near Hillsdale Illinois at I-88 Exit #6, we offer free campsites for those who currently serve and veterans; call 1-800-747-5253 for reservations. Complete details on both military weekends at www.sunsetlakesresort.com under our news section. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction

C

Intermittent Lane Closures South Ave

Effective May 16, Public Works will begin making pavement repairs on South Ave between Gillespie and East Street. The repairs will include full depth saw cutting, and concrete replacement patching. The work will require intermittent road closure. The project is expected to be completed by **Thursday, June 16**, depending on weather. Signage and barricades will be placed at appropriate locations during the closure.

Bldg. 110 Handicap Ramp Repairs, Entrance Closure

On April 6, Public Works began making repairs to the handicap ramp on the northwest corner of Bldg. 110. The work will include the removal and replacement of the handicap ramp, steps, sidewalk and railings. The entrance will be closed during construction. Handicap accessibility to the building can be made by using the passenger elevator, which can be accessed through the northwest doors of the basement courtyard via South Avenue. The construction is scheduled to be completed by **Wednesday, June 15**, depending on weather.

Gillespie Street Repair Project

The Directorate of Public Works (DPW) plans to accomplish major repairs to the Gillespie Street corridor between Rodman Avenue and Blunt Road. This will impact traffic and on-street parking in the area during the construction. Work is currently planned to start during the FY16 construction season. There will also be some permanent changes resulting from the project. Major changes are as follows: • Replacement of the sidewalk along the west side of Gillespie Street with a wider shared-

use path to be used by pedestrians and bicycles. • Conversion of diagonal on-street parking along the northern sections of Gillespie Street to parallel parking spaces resulting in a loss of about 40 parking spaces. • Conversion of Blunt Road along the river from Gillespie Street to East Street to a shared-use path predominantly for pedestrians and bicycles. Motorized vehicles will be restricted to emergency and service vehicles. As the project progresses, further announcements will be provided regarding construction related events.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



Building/Space Closures



There are no announcements at this time.



Active Duty/Reserve Zone



May is National Military Appreciation Month

In 1999, Congress designated May as National Military Appreciation Month to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by Service members -- past and present. The declaration summoned U.S. citizens to observe the month "in a symbol of unity, to honor the current and former members of the Armed Forces, including those who have died in the pursuit of freedom and peace." During National Military Appreciation Month, garrisons worldwide host special events such as parties, balls, picnics, dedications, and "Run to Honor" events -- specifically to thank and honor military members for their service. The theme for this year's commemoration is United States Armed Forces: The Strength of Red, White & Blue. Many activities and events are planned at installations and agencies around the world, some combining two or more observances. Soldiers, Families, retirees and civilians are invited to participate in programs and events and encouraged to express their appreciation. National Military Appreciation Month reminds all of the sacrifices Service members and their Families make to protect the nation's freedom. The Army is the strength of the nation -- the strength of the Army are the Soldiers, Families, retirees and civilians. The strength of the Soldiers and civilians is the Total Army Family, and taking time to honor those who faithfully serve demonstrates the nation's gratitude for their service.



Military Tuesday at the Ballpark

Free tickets are available for active duty military and retirees for Military Tuesday at the Ballpark, Quad Cities River Bandits vs Wisconsin Timber Rattlers, on Flag Day, **Tuesday, June 14**, at 7 p.m. The rain date will be **Thursday, July 7**. Tickets may be picked up at the following locations:

- Army Community Services, Bldg. 110, 1st Floor, 309-782-0829
- Outdoor Recreation, Bldg. 333, 309-782-8630
- USO, Bldg. 110, 1st Floor, 309-782-3896
- Fitness Center, Bldg. 67, 309-782-6787

If you have questions concerning the tickets please contact the location you would like to pick them up at.

Military Kids Camp 2016 for Youth Impacted by Military Service

Youth Ages 8-16... join us for a fun-filled week, **July 3-8**, of summer camp adventures at YMCA Camp Abe Lincoln, the Quad Cities premiere overnight camping facility for youth. Would you like to live in a cabin and enjoy traditional camp activities—swimming, hiking, horseback riding, campfires and much more? Then this camp is for you. This special Military Kids Camp is open to all youth and teens ages 8-16 whose parent, sibling or other close relative serves in any branch of the military — active duty, Guard or Reserves. Kids will also enjoy special activities just for military kids – hands-on workshops, Military Day hosted by the Illinois National Guard, Resiliency, and more. Questions call 563-381-3053. ([More](#))

Bix 7 Road Race Waives Entry Fee

The 2016 Bix 7 organization is again happy to be able to offer free entry, **July 30**, to all active duty military, Reserve and Guard. Again, there will also be a specific viewing area location designated for and honoring our veterans at Brady and Kirkwood. Complete the [printable entry form](#), enter your military ID number where indicated and mail your entry to us. You must pick up your packet in person at the Bix 7 Expo and show your military ID. Last year we had an increase over the first year, we hope to be able to continue that momentum again in the third year of this appreciation. ([Entry Form](#))



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Memorial Day Holiday Safety Message

Memorial Day is a time of remembrance. It originated as Decoration Day after the American Civil War in 1868. After World War one the day came to be observed in honor of all Americans who died while in military service. On Memorial Day, we remember those who stood for honor, courage, and commitment. Without their selfless service, we would not be able to enjoy the freedoms we have today. Memorial Day weekend is the unofficial start of summer. As we prepare to engage in the 101 days of summer, safety must continue to be in the forefront of every Soldier, civilian and contractor's mind when engaging in various summer activities. Soldiers are at the greatest risk for off-duty injuries or fatalities between Memorial Day and Labor Day. Here are some safety pointers to consider:



- Abrupt weather changes. Summer months are prone to severe weather. Know where to seek shelter if the need arises.
- Outdoor Activities. Hydrate while engaging in sports to reduce the chance of heat-related injuries. Never grill in an enclosed area, within 5 feet of a house, and be sure children and pets remain at a safe distance.
- Water Activities. Use common sense and always wear a life jacket. Swim in authorized areas only. Mixing alcohol and water sports always spells trouble.
- Driving. Don't drive when fatigued, impaired or distracted. Do not text and drive. Use the US Army Combat Readiness/Safety center website, <https://crc.army.mil> as a tool for trip planning and managing risks.

This holiday provides us an opportunity to reflect on America's fallen and renew our dedication in their memory. You are our organizations most important resource. Never give safety a day off, come back safe. — *Kevin G. O'Connell, Major General, USA, Commanding*

Summer Safety - 2016

As we begin the countdown to Memorial Day and the traditional start of summer, I encourage leaders, Soldiers and Army Civilians at all levels to keep safety at the forefront of every activity, both on and off duty. This is historically the deadliest time of year for Army accidents, we must all do our part to keep one another safe. Last fiscal year, 37 Soldiers died and another 17 suffered life-altering injuries in off-duty mishaps between Memorial Day and the first day of fall in late September. Of those fatalities, 30 involved driving or riding: 15 on motorcycles and 15 in four-wheeled vehicles, with drownings and accidental discharges of privately owned weapons rounding out the total. A quick review of the reports reflects that a majority of these accidents were due to a momentary indiscretion in decision-making and, therefore, wholly preventable. I know we can and will do better this summer. To stay a ready Army, we must be a safe Army — every day is critical in our fight against risk. I ask that you use the upcoming summer holidays and National Safety Month, observed during June, to enhance and refocus your risk management efforts for the months ahead. More information on both seasonal safety and National Safety Month is available from the U.S. Army Combat Readiness Center at <https://safety.army.mil>. Whether you're a leader, Soldier or Civilian employee, safety isn't just important, it's personal. Think ahead. Build good decisions into your plans to live another day and enjoy all the fun summer has to offer. Thank you for the incredible job you do every day for our Army and our Nation. I look forward to working with you well into the future. Army Safe is Army Strong! — *HON Katherine Hammack, Assistant Secretary of the Army (Installations, Energy & Environment)*



May is Motorcycle Safety Awareness Month

Motorcycle accidents continue to be a leading cause of accidental death in the United States Army. During fiscal 2015, 25 Soldiers were killed while riding their motorcycles, a figure that represents approximately 30 percent of all off-duty fatalities occurring during the year. While leader engagement and enhanced training opportunities have helped drive advances in rider safety during the past several years, greater awareness is needed to ensure all Soldiers are prepared to ride in a safe and disciplined manner. Each year, the National Highway Traffic Safety Administration designates May as Motorcycle Safety Awareness Month. The observance coincides with the beginning of riding season for many Soldiers and also serves as an early kickoff for the critical days of summer. The following multimedia products are



designed to augment NHTSA's efforts and assist leaders and safety professionals in building their motorcycle safety programs. In addition to the feature articles, posters and videos offered as part of MSAM, the U.S. Army Combat Readiness Center would like to recognize formations across the Army working to reduce preventable motorcycle accidents. If your unit has recently conducted a motorcycle safety stand down, group mentorship ride or other event specific to motorcycle safety, please contact the Directorate of Communication and Public Affairs at usarmy.rucker.hqda-secarmy.list.safe-pao@mail.mil. Ride safe, and remember, Army Safe is Army Strong!

Equal Employment Opportunity Focus



Asian American and Pacific Islander Heritage Month

During the month of May, the U.S. Army joins the nation in honoring Americans of Asian and Pacific Island descent for their military and civilian service. These individuals have proudly served in America's Army during the Civil War, World Wars I and II, Korean War, Vietnam War, Gulf War and operations Iraqi Freedom, Enduring Freedom. This year's theme is: Walk Together, Embrace Differences, Build Legacies. Army leaders continue the longstanding legacy of embracing diversity and working to recognize the capabilities of its diverse force by properly seeking out, accessing, developing and fully utilizing the individual talents and backgrounds of all its military and civilian personnel. Leaders at all echelons of the department are responsible for setting the conditions and standards to foster and sustain a culture where all Soldiers and Civilians can reach their full potential and have viable careers within the Army profession. The Army will continue to leverage the strengths of a diverse, all-volunteer force to remain highly capable and mission ready. The Army is committed to working with the appropriate DoD offices and officials to ensure everyone who's able and willing to serve has full and equal opportunity to do so, and is treated with dignity and respect. The U.S. Army strongly embraces diversity as a way to create a system that maximizes individual talents, increases morale and greatly enhances military effectiveness. Past and present Asian-American and Pacific Islander Soldiers and Army Civilians have built a legacy of professionalism, selfless service, dignity and respect, and continue this legacy today while inspiring generations to come.



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Lock & Dam Lounge Closes for Renovations

Effective April 2, the Lock & Dam Lounge closed for renovations until further notice.

Island Oasis Outdoor Grill Now Open for the Season

The Island Oasis Grill has moved back outside for the summer, come visit us outside the Fitness Center under the big MWR tent for all your grill favorites including burgers, brats and ribeye sandwiches (Thursdays only).

First Friday Social — Featuring a Tap Takeover with Lionstone Brewery

The next First Friday Social will be **Friday, June 3**, starting at 3 p.m., at the Arsenal Island Clubhouse. This special First Friday will feature a handle takeover with Lionstone Brewery featuring their Peanut Butter Back 40 Wheat Ale, Savage IPA, & Blonde Ale. The event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. Join your Island colleagues at the Arsenal Island Clubhouse for a fun evening of appetizers, drinks, networking, socializing and karaoke. Bring your 2015 Rocktoberfest stein and get \$2 off refills. Call 309-782-4372 for more info.



Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Discount Tickets for Upcoming Local Shows & Bus Trips at the Leisure Travel Office

Leisure Travel which is located in Bldg. 333 (next to the Exchange) has discount tickets for the following upcoming shows/trips. Contact them at 309-782-5890 or visit their webpage:

www.riamwr.com/community-recreation/leisure-travel for more information.

- Six Flags & Adventureland
- **Saturday, June 18:** Sister Act at Circa 21 Dinner Playhouse
- **Saturday, July 9:** Taste of Chicago/Navy Pier Bus Trip
- **Friday, Aug. 12:** Cubs vs. Cardinals Bus Trip to Wrigley Field

Sister Act

Area premiere... this feel-amazing Broadway musical comedy is based on the hit 1992 film featuring Whoopi Goldberg and has audiences jumping to their feet. When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but in doing so, blows her cover. Soon, the gang is giving chase only to find them up against Deloris and the power of her newly found sisterhood. Leisure Travel has discounted tickets (\$46) on sale until **Friday, June 3**.

Event Date: **Saturday, June 18**

Event Time: **6 p.m.**

Taste of Chicago/Navy Pier Bus Trip

What is Chicago's recipe for a fantastic food festival? Chefs and musicians, combined with entertainment for all ages and several thousand tasting servings of favorite Chicago bites. Fill up on all flavors of Chicago – from classic local dishes, to specialty cuisines from ethnic neighborhood restaurants, to inspired chef creations. — or — You can't truly experience Chicago without a trip to Navy Pier. This 50-acre playground of entertainment, museums, activities, restaurants, and shops is the perfect place for some family fun time. This is a popular bus trip and fills up fast. Cost for your transportation is \$41 per person.

Event Date: **July 9**

Cubs vs. Cardinals

Leisure Travel will be offering another Cubs vs. Cardinals bus trip on **Friday, Aug. 12**. Bus trip includes transportation aboard a Tri-State Motor coach and a ticket to the game. Location of seating is in Terrace Reserved. Time of game and departure will be announced at a later date. Package is \$129 per person. Limited alcohol is allowed on the bus.

2016 Adventureland Tickets

Leisure Travel has discounted one day admission tickets for the 2016 season to Adventureland Amusement & Water Park. Adult and Child \$33; at the gate adult is \$42, child is \$37.

Child, Youth & School Services



Army Transitions to Simplified DoD Request For Childcare Website

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need. In March 2016, select Army garrison families will begin to use www.MilitaryChildCare.com as their website to search for and request child care services where they are or where they are planning to move. "The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs," said Theresa Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. "The DoD has worked hard to develop a system which allows patrons to create their own account, search and request care, manage requests and update their profile from the convenience of their home," she said. Using MilitaryChildCare.com, parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained. Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii. Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint Base Myer-Henderson Hall will gain access to the site in March. Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout. ([More](#))



Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Newcomers Orientation & Bus Tour

Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour **Thursday, May 26**, 8 a.m., Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast & lunch courtesy of our sponsors, Rock Island Arsenal Federal Credit Union & USAA. Space is limited so call 309-782-0829 for more info and to reserve your spots.

Advanced Résumé Class

This class, **Friday, June 3**, 1:30-3:30 p.m., ACS Training Room (Bldg. 110), is for spouses but open to all service members, Retirees, DA civilians, and their family members. Learn advanced techniques on how to tailor your résumé for federal employment. RSVP required by **Friday, May 27**, call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil. ([Flyer](#))

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 12:30-1:30 p.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. This workshop will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. You can register on [TEDs](#).

Event Date: **May 26**

Event Time: **10 a.m. - 12 p.m.**

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **June 7** and **Aug. 2**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase

understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357 Additional date: **Nov. 8.**

Event Date: **Aug. 9**

Event Time: **8 a.m. - 12 p.m.**

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **June 28, Sept. 27, and Dec. 20;** and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Time Management

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. Upcoming class dates are **July 26, and Oct. 25,** at 10:30 a.m. in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class dates are **Aug. 23 and Nov. 29;** and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

My Career Advancement

The My Career Advancement Account Scholarship Program is a workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or associate's degree in a portable career field and occupation. **My Career Advancement Account Scholarship Program Basics**

The My Career Advancement Account Scholarship Fact Sheet explains:

- Who is eligible to participate in the My Career Advancement Account Scholarship Program
- What the My Career Advancement Account Scholarship funding does and does not pay for
- How to establish a My Career Advancement Account Scholarship program account

- How to provide feedback to the My Career Advancement Account Scholarship program
- How to get additional information and assistance

For additional information please visit <https://aiportal.acc.af.mil/mycaa/>. Spouses can contact MilitaryOneSource for education counseling and help finding alternative funding sources. Call toll free at 1-800-342-9647.

Paying for Graduate School

You've decided that graduate school is the right next step for you. Now comes the hard part: how to pay for grad school. Look at tips and tools to help you explore your options for grad school financial aid, including scholarships, grants and loans.

- [Graduate School Financial Aid vs. Undergraduate Aid](#)
- [A Financial Timeline for Grad School](#)
- [Graduate Student Loans Face Changes](#)
- [5 Ways Students Can Balance Family, Grad School Costs](#)
- [Use These 5 Strategies to Pay for Graduate School](#)
- [5 Steps to Getting More Money from Your Graduate School](#)
- [4 Graduate PLUS Loan Mistakes to Avoid](#)
- [Save Money with Grad School Scholarships](#)
- [Paying for Business School](#)
- [Paying for Online Education](#)
- [Download a Free Financial Guide](#)

This information and more is located [here](#).

Field Test DLPT - German and Hindi — Do You Speak German or Hindi?

The Army is seeking field test participants to complete the Defense Foreign Language German and Hindi (DLPT5) Starting **Tuesday, May 3**, through **COB Sunday, July 31**. Participates will be provided with a signed letter of appreciation from the Assistant Commandant of the Defense Language Institute Foreign Language Center. The listening and reading tests are both three hours. For your convenience, the test may be administered in one setting or schedule the test in two separate settings. Interested in taking the test? Please contact the Rock Island Education Center for more information or to be scheduled at 309-782-2065.

DSST - Retake Your Exam for Free

Effective April 18, military service member students who do not pass their first DSST exam will be eligible for one free retake. Students will be able to take advantage of this promotion by providing a voucher code at the time of retest. The voucher code will be sent to students via email 1-2 days after taking the exam. Please note the DSST Public Speaking Exam is not applicable for the second shot promotion. Students taking this exam will not receive a voucher. This promotion does not cover administrative or sitting fees. Students will be able to take advantage of the promotion until **Tuesday, May 31**. As part of this limited time promotional offer DSST has reduced the standard wait period to retake a DSST exam from 90-days to 30-days beginning April 18. Take the next step and review exam content outlines, and Petersons free test prep materials. Don't wait to take advantage of this limited offer. Visit <http://getcollegedcredit.com/assets/pdf/DSST-second-shot-web.pdf> for more information.

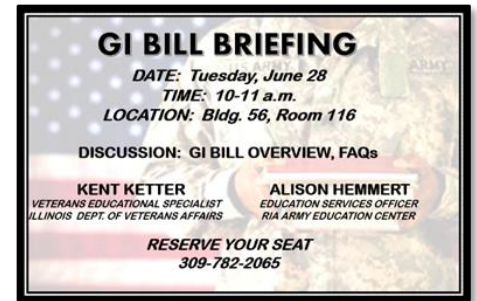
Higher Education

Do you plan on attending college? Do you know where to start? We have the answer for you. The next Higher Education Track (course) is scheduled for **Tuesday and Wednesday, June 14-15**,

Bldg. 56, Room 122. The Higher Education Track helps guide you in pursuing a college education with preparation for college application process. Topics covered include: identifying educational goals, finding education funding, and researching and comparing institutions. This course is designed to guide you through the variety of decisions involved in choosing a degree program, college institution and funding considerations. This course is open to all military service members and their family members. Please phone 309-782-7780 to reserve your seat.

Using the GI Bill: Some Factors to Consider

Please join us for a GI Bill Briefing on **Tuesday, June 28, 10-11 a.m.**, in Bldg. 56, Room 116. Kent Ketter, Veterans Educational Specialist - Illinois Dept. VA and Alison Hemmert, Education Service Officer - USAG RIA Army Education Center, will provide a GI Bill overview and address FAQs. Call 309-782-2065 to reserve a seat. As an eligible service member, veteran, or dependent planning to use the GI Bill, consider yourself a consumer about to make one of the most important decisions of your life. You owe it to yourself to thoroughly consider your educational and career goals, needs and options in order to utilize the GI Bill in the most timely and cost-effective manner possible. Some questions to consider: • What are my career goals and how do they relate to my educational needs? • How do I choose a school that is right for me? • Will my professional field respect a degree from the school I'm considering? • How well does my chosen school support Veterans and dependents? • In addition to the GI Bill, what are other ways to finance my education? • What are grants and loans? Remember, in the military you demonstrated commitment, discipline, and a desire to succeed. As a dependent you developed strong critical-thinking and decision-making skills. Leverage those same qualities when considering the school that best provides what you need and maximizes your investment. For more information and resources: www.benefits.va.gov/gibill/choosing_a_school.asp.



Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [here](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

May Is Military Appreciation Month at the Commissary

Commissaries are offering special savings in May with case lot events and promotions celebrating Cinco de Mayo, Mother's Day, Military Appreciation Month, Memorial Day and more. "We can't thank our service members and military family members enough for all they do to preserve our rights to freedom and maintaining the security of our nation," said Tracie Russ, director of sales for the Defense Commissary Agency. "We encourage them to take advantage of all the special sales events we're offering this month. They have earned it!" As shoppers prepare to hit their commissary

for discounted items, they can also check out www.commissaries.com for Rewards Card coupons, the commissary's sales flyer and a list of Value Brand items designed to offer savings lower than or equal to commercial stores' private label products. Also, the Exclusive Savings link, www.commissaries.com/partners.cfm, has more coupons, specials, promotions, sales and healthy recipes. ([More](#))

Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Friday, 12-4 p.m. Closed weekends, Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Museum Resumes Saturday Hours

Beginning June 1, the Rock Island Arsenal Museum will resume having open hours on Saturday. Museum hours will be from noon to 4 p.m., Tuesday through Saturday. Until recently the Museum was closed on Saturdays. Staffing changes allow the additional hours.

RIA Historical Society June Dinner and Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, June 2**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for the dinner includes a garden salad, roasted pork with natural gravy, new potatoes, vegetable medley, and strawberry shortcake for dessert. All will be prepared by the Golf Club Kitchen. Dinners include rolls and breadsticks, coffee, tea and water. The total cost is \$14 including tax and tip. Please have your check or cash ready to give to Dick Hochstetler or Linda Miller when you arrive. This event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. The program will be presented by Faye Waterman, a senior gardener with the State of Iowa. She will give us a power point presentation about the historical plantings at the time of Col. Davenport.

This Week in Rock Island Arsenal History – May 23-29

On May 24, 1870, the stone construction work for RIA Commander's Quarters One began. On May 25, 1934, Col. Alexander Gillespie received command of the RIA.

Healthbeat

Rock Island Arsenal Health Clinic Pharmacy Closure

Rock Island Arsenal Health Clinic Pharmacy will be closed for Memorial Day Holiday on **Monday, May 30**.

Attention DoD Beneficiaries

Patients will present military ID cards (DD Form 1173) for all patients that are 10 years of age and greater in accordance with Army regulation 40-3 and OTSG policy 14-026. As a convenience for patients, a photo copy or electronic image (front and back) of the ID card will be accepted as proof of eligibility and to meet HIPAA requirements. Electronic image includes: fax, smart phone text, or picture containing image of the ID card.

Zika Virus

Zika is a mosquito-borne virus closely related to yellow fever, dengue, and West Nile viruses. The U.S. Army is taking the Zika virus very seriously and assisting the Centers for Disease Control and Prevention in any way possible. Information on the virus is changing almost daily and getting the most up-to-date information is important. The information below is to help individuals and health care providers with decisions on travel and risks in their area. Women who are pregnant or could be pregnant need to discuss their risk with their health care provider. Discovered in Uganda in 1947, the current outbreak of Zika virus in Brazil began in early 2015 and has spread to more than 20 other countries in the Americas, including Mexico and Puerto Rico. Although only 20 percent of people infected will have symptoms, the virus has been associated with an increased risk of Guillain-Barr Syndrome, a neurological disorder, and microcephaly, a birth defect characterized by smaller than normal head size. As a result, the U.S. Centers for Disease Control and Prevention has issued a level 2 travel alert, Practice Enhanced Precautions, for areas where Zika virus transmission is ongoing, recommending that all pregnant women postpone travel to these areas. The World Health Organization advised that the recent cluster of microcephaly cases and other neurologic disorders reported in Brazil constitutes a public health emergency of international concern. Army Medicine is tracking this outbreak to assess the risks to the Soldiers and their Families. All Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected. Army Medicine supports the following guidance to avoid exposures and prevent illnesses:

- The [Armed Forces Pest Management Board](#) emphasizes the importance of proper wear of permethrin-treated uniforms and use of approved insect repellent, and removal of any standing water that may serve as mosquito breeding sites.
- The United States Department of Defense labs are developing techniques to test mosquitoes for Zika.
- The United States Southern Command is advising pregnant DoD personnel and dependents within their area of operations, or scheduled for official travel to the AOR, to consult their health care provider on the risk of Zika virus. SOUTHCOM is also offering voluntary relocation to all pregnant DoD employees and beneficiaries.

The DoD will assist other government agencies in developing a vaccine against Zika, new vector control agents, and improved diagnostic tests. Army Medicine will continue to educate all personnel and beneficiaries about Zika virus and provide updates as they arise. With ongoing operations around the world, the Army continues to strive to protect the health and readiness of total force and their families. ([Army Public Health Center Zika Virus Site](#)) ([StandTo!](#)) ([Fact Sheet](#)) ([Zika Virus - What is it? What can you do?](#)) ([Zika Virus – Health.mil](#))



Army Veterinary Corps Celebrates 100 Years of Service

The U.S. Army Veterinary Corps celebrates its 100th anniversary June 3, although the need for military veterinary expertise had been evolving since 1776, when Gen. George Washington directed that a "regiment of horse with a farrier," be raised. The Veterinary Corps was formally established by an Act of Congress June 3, 1916. Following the establishment of an Air Force Veterinary Corps in 1949, the Army shared military veterinary responsibilities with its sister service. In 1979, Congress directed changes to the Department of Defense veterinary missions. The Air Force Veterinary Corps was disestablished March 31, 1980 and the Army became the executive agent for all DoD veterinary services. "The Veterinary Corps is a national treasure, composed of diverse engaged individuals protecting the Soldier and supporting the National Military Strategy," said Col. Edward J. Briand, branch proponent chief for the Army Veterinary Corps. "We provide veterinary public health capabilities through veterinary medical and surgical care, food safety and defense, and biomedical research and development." The U.S. Army Veterinary Corps continues to significantly impact current operations. Veterinary unit commanders and their personnel are critical in effecting remarkably low food-borne illness rates. This is a result of veterinary inspection of subsistence in the United States, as well as the approval of safe food sources around the world. Army veterinarians ensure the health of military working dogs and assist with host-nation related animal emergencies. Veterinary staff advisors also play key roles regarding issues involving chemical and biological defense. "The Veterinary Corps has diverse specialties including Veterinary Preventive Medicine, Laboratory Animal Medicine, Veterinary Pathology, Veterinary Comparative Medicine, and Veterinary Clinical Medicine," Briand said. "The Veterinary Corps also conducts and oversees all Department of Defense veterinary service activities providing veterinary services to the Army, Navy, Marine Corps and Air Force in more than 90 countries." At home, military veterinary supervision of operational ration assembly plants, supply and distribution points, ports of debarkation, and other types of subsistence operations are critical to ensuring safe, wholesome food for our Soldiers, Sailors, Airmen, Marines, and their family members. The large segment of the Veterinary Corps involved in medical research and development missions contribute immeasurably to the overall military effort. Vaccine, antitoxin, and antidote development, directed toward the protection of military personnel, has been and will continue to be, heavily reliant on military veterinary expertise. ([U.S. Army Veterinary Corps](#)) ([Army Veterinary Corps — Naval Station Great Lakes Veterinary Treatment Facility](#)) ([NAVSTA Great Lakes VTF MWR Page](#)) ([Great Lakes Veterinary Treatment Facility Facebook](#))



QCTrails.org: Web-based Interactive Trails Map

The Quad Cities boasts stunning views of the Mississippi River and offers more than 300 miles of non-motorized recreational trails and nearly 7,500 acres of parks. [QCTrails.org](#) is a free, user-friendly, interactive, and mobile-responsive website that serves as a comprehensive resource that highlights these multi-purpose trails, parks, and side-paths. Users can track their physical activity progress and share their experiences with friends through social media. Ongoing community health assessment processes have repeatedly identified nutrition and physical activity as key priority areas of opportunity for the Quad Cities. In the Quad Cities, only 48 percent of adults are meeting physical activity guidelines.



Additionally, only 30.7 percent of our adult residents are at a healthy weight, and 57 percent of children ages 5-17 are at a healthy weight. The simplicity of walking, riding a bike, or paddling a canoe or kayak on a trail presents opportunities to improve physical activity throughout the year. QCTrails.org opens trail experiences to all members of the community regardless of age or ability and offers perfect opportunities for Quad Cities' residents to move more and be active outdoors. ([More](#)) ([Facebook](#))

Notes for Veterans



Higher Social Security Payments to Veterans

In a nutshell it boils down to this: You qualify for a higher social security payment because of your military service, for active duty any time from 1940 through 2001 (the program was done away with in January 2002). Up to \$1,200 per year of earnings credit credited at time of application – which can make a substantial difference in social security monthly payments upon your retirement. You must take your DD-214 to the Social Security Office – and you must ask for this benefit to receive it! In January 2002, Public Law 107-117, the Defense Appropriations Act, stopped the special extra earnings that have been credited to military service personnel. Military service in calendar year 2002 and future years no longer qualifies for these special extra earnings credits. ([More](#)) ([Social Security Administration Article](#))

VA Announces Telemental Health Clinical Resource Centers During Telemedicine Association Gathering

As the Department of Veterans Affairs (VA) works to improve Veterans' access to health care, its telehealth services play an integral role in that process, said Dr. David J. Shulkin, VA's Under Secretary for Health. Dr. Shulkin spoke today to members of the American Telemedicine Association attending the group's 2016 conference in Minneapolis, where he also announced the establishment of five VA Mental Health Telehealth Clinical Resource Centers to provide enhanced mental health access and services to Veterans in remote locations. VA is recognized as a world leader in the development of telehealth services that are now mission critical to the future direction of VA care to Veterans. VA uses health informatics, disease management, care and case management and telehealth technologies to facilitate access to care and improve the health of Veterans. VA currently services more than 677,000 Veterans through telehealth; that amounts to approximately 12 percent of the 5.6 Million Veterans who receive healthcare from the VA. VA's Mental Health Telemedicine Clinical Resource Centers will provide Veterans, particularly those living in rural areas, with rapid access to mental health services where local barriers exist. This expanded effort will help close the gap in access to mental health care, in particular, in those traditionally underserved communities. ([More](#))

Around the Q.C.



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May 27: [Colona Memorial Day Festival](#) (Colona, Ill.)
May 28: [First Step Riverfront 5K presented by Western Illinois University](#) (WIU-QC)
May 28: [Bikes Blues & BBQ](#) (Wieblers Harley-Davidson, 5320 Corporate Park Dr, Davenport)
May 28: [Dog Park Naming & Dedication Ceremony](#) (Hasselroth Park, Rock Island)
May 28: [Super Hero Ride](#) (Freight House Farmers' Market, Davenport)
May 30: [Quad Cities Criterium](#) (Village of East Davenport)
May 31-June 4: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 2: [Living Lands and Waters' 2016 Barge Party](#) (Schwiebert Riverfront Park, Rock Island)
June 3: [2016 HAVlife™ Brew Off](#) (Jumer's Casino & Hotel, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 4: [Shamrock 'n Roll](#) (Kavanaugh's Hilltop, 1228 30th St, Rock Island)
June 4: [Quad Cities Comic Con](#) (Mississippi Valley Fairgrounds)
June 4: [College Hill District Retro Rally 2016](#) (College Hill District Rock Island)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 11: [2016 Komen Quad Cities Race for the Cure](#) (iWireless Center)
June 11: [Quad Cities Cruisers Car Show](#) (SouthPark Mall)
June 11: [Milan American Legion Riders 5th Annual Motorcycle Rodeo](#) (American Legion Riders Post 569, 515 W 1st Ave, Milan)
June 11: [Crawfish Boil & Widespread Wit Tapping](#) (Great River Brewery, Davenport)
June 13: [iCan Bike Camp](#) (3541 Morton Drive, East Moline)
June 14: [History of our Locks & Dams](#) (Quad City Botanical Center, Rock Island)
June 16-18: [Quad City Symphony Orchestra's Volunteers for Symphony 33rd Annual Second Fiddle Sale](#) (Former Moline Library located at 504 17th Street)
June 18: [The Micro Brew Mile and 6K Road Race](#) (5th Avenue, Moline)
June 18: [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)
June 18: [3rd Annual Micro Brew Mile Craft Beer Festival](#) (Downtown Moline)
June 18: [World Refugee Day Festival](#) (Singing Bird Nature Center, Rock Island)
June 18: [Pioneer Days](#) (Colonel Davenport House)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [32nd Annual Ride the River: Father's Day Bicycle Ride](#) (River Action, 822 E River Dr, Davenport)
June 24: [Picnic on the River 2016](#) (American Red Cross, 1100 River Dr, Moline)
June 24: [American Red Cross' Picnic on the River 2016](#) (Schwiebert Riverfront Park, Rock Island)
June 24: [Mud, Sweat & Cheers Obstacle Challenge](#) (Credit Island Park, Davenport)
June 24: [Ultra BlackOut](#) (The Col Ballroom, 1012 W 4th St, Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 25-26: [6th Annual BBQ & Craft Brew event](#) (Credit Island Park, Davenport)
June 25-26: [Quad City Air Show](#) (Davenport Municipal Airport)
June 26: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 26: [Hemmings Motor News Great Race - San Rafael, Calif. to Moline, Ill.](#) (Moline)
July 1-2: [31st Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 13: [YouthFest](#) (Fejervary Park, 1800 W 12th St, Davenport)
July 14-16: [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)
July 15-17: [Radish Magazine's 2016 Yoga Fest](#) (Holiday Inn, Rock Island)
July 16: [Rivers Edge Homebrew Festiv-ale](#) (The District Plaza, Rock Island)
July 16: [Insane Inflatable 5K Quad Cities](#) (Mississippi Valley Fairgrounds)
July 19-23: [Rock Island County Fair](#) (fairgrounds in East Moline)
July 23: [2016 Quad City Strength & Fitness Expo](#) (RiverCenter, Davenport)
July 29-30: [Downtown Street Fest](#) (Downtown Davenport)

July 30: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)
Aug. 4-7: [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
Aug. 6: [2nd Annual BBQ n' Blues Fest](#) (Rolling Smoke, 1228 30th St, Rock Island)
Aug. 6: [4th Annual Bags n' Brews Cornhole Tournament & Beer Tasting](#) (Lindsay Park, 2100 E River Dr, Davenport)
Aug. 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
Aug. 9: [Experience on a Towboat from Rock Island to St. Louis](#) (Quad City Botanical Center, Rock Island)
Aug. 11-13: [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
Aug. 13: [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
Aug. 13: [13th Annual Xstream Cleanup](#) (Greater Quad Cities)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, Rock Island)
Aug. 26-27: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 27: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 27: [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
Sept. 3-4: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 10: [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)
Sept. 10: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)
Sept. 17: [River Action's 11th Annual Taming of the Slough](#) (Hampton, Ill.)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17: [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
Oct. 27: [Fright Night](#) (The District (Rock Island)
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Island Insight



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